



# Live Well, Wauwatosa!

## Want relief from aches, pains or fatigue?

Six-week workshop helps participants gain control of their lives through manageable action plans and support from peers.

Topics include:

- ◆ Dealing with frustration, fatigue, pain and isolation
- ◆ Exercise for maintaining strength, flexibility and endurance
- ◆ Appropriate use of medications
- ◆ Communicating effectively with family, friends and health professionals
- ◆ Evaluating new treatment options
- ◆ Healthy eating



*“The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner.”*

**WHEN:** Tuesdays, September 17-  
October 22, 2019

**WHERE:** Harwood Place  
8220 Harwood Ave.

**TIME:** 9:00-11:30am

**COST:** \$20 refundable deposit for  
use of textbook

**To register call Carmen at the  
Wauwatosa Health Department  
414-479-8947**



Program is developed by Stanford University  
and supported by the  
Milwaukee County Department on Aging